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Preparation of Day 2 of the Metabolism Revolution Challenge!

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough. —Oprah Winfrey

If you know anything about me, it's that I'm radically positive. I'll find a positive spin on just about any situation. I encourage you to view this challenge as a life-changing journey. You don't *have* to eat healthy food for 14-days, you *get* to eat incredibly delicious whole foods that are providing vital micronutrient support for your metabolism. One simple mind shift can change your entire perspective and help achieve success in every area of your life.

Let's dive into our second day of incredible food! Note that each recipe serves one. If you're cooking for a family, make the necessary adjustments.

Notice that I've repeated the recipes. I've done this because it saves time and money. You're free to swap the days around or swap out proteins as long as they fall into the proper Part.

If you're following Meal Map A:

- Make two Turkey or Roast Beef Wraps, you're eating them for lunch on Tuesday and Thursday
 - Double the recipe for Cajun Shrimp and Black Beans, you're eating it for dinner on Tuesday and Thursday
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Standard Menu - Meal Maps A, B, C

Breakfast: Breakfast Hash*

Snack: Peaches

Lunch: Turkey or Roast Beef Wraps*

Snack: Orange

Dinner: Cajun Shrimp and Black Beans*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

Super Simple Menu - Meal Maps A, B, C

Breakfast: Metabolism Shake

Snack: Peaches

Lunch: Metabolism Shake

Snack: Orange

Dinner: Cajun Shrimp and Black Beans*

Water: Half your body weight in ounces of spring water (for example, a 180-pound person would drink 90 ounces)

*If you don't eat any animal products, you can substitute any Vegetarian Protein from the Metabolism Revolution Food List in your book.

EXERCISE

Meal Map A Recommended Exercise

Cardio: 3 or 4 times per week.

Metabolic Intervention Exercises: Minimum of 1 time per week.

Meal Map B Recommended Exercise

Cardio: 2 or 3 times per week.

Weights: 1 time per week.

Metabolic Intervention Exercises: Minimum of 1 time per week.

Meal Map C Recommended Exercise

Cardio: 2 or 3 times per week.

Weights: 2 times per week.

Metabolic Intervention Exercises: Minimum of 2 times per week.

RESOURCES

In case you missed anything, the [Challenge Resource Page](#) is where to go for all of your challenge resources. All of the printable Meal Maps, daily emails, and calls from me are stored in one place for you!

JOIN THE CONVERSATION

Have any questions? Please post your questions on the [Private Facebook Group](#). If you haven't requested access to this valuable Member resource, [do that now!](#) My team and I are here to answer your questions. Also, if you know an answer to a question from someone in the group, don't be afraid to chime in!



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